



Food ID: R097

Food name and Description: Anchovy fry omelet, prep, w/ MLP

Scientific name:

Alternate/Common name(s): Dulong omelet w/ MLP

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	67.6
Energy, calculated (kcal)	186
Protein (g)	13.1
Total Fat (g)	12.8
Carbohydrate, total (g)	4.5
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.1
Sugars, total (g)	0.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	284
Phosphorus, P (mg)	346
Iron, Fe (mg)	1.4
Sodium, Na (mg)	213

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	309
beta-Carotene (µg)	1082
Retinol Activity Equivalent, RAE (µg)	399
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	8

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	8.1
Fatty acids, monounsaturated, total (g)	1.2
Fatty acids, polyunsaturated, total(g)	0.5
Cholesterol (mg)	81